

PSYCHOLOGICAL FIRST AID

RE: COVID-19

The concerns of getting or passing on COVID-19 are real for all of us. As members of CHI Health EAP, we are here to serve and we want to be safe. Here are a few psychological tips to help you and/or your staff cope with the fear and anxiety that is understandable during stressful times like this:

Encourage self-care for self and others through:

- Deep breathing
- Getting some exercise (walking, yoga, stretching)
- Drinking plenty of water
- Listening to music you love
- Eating healthy foods
- Getting proper amount of sleep and rest
- Giving yourself time to unwind at the end of your shift
- Staying connected with family, friends and co-workers
- Doing what you can to remain hopeful and positive
- Avoiding alcohol or street drugs to manage your stress
- Avoiding over-reliance on social media for information
- Sourcing more accurate information from:
 - www.chihealth.com (take the Coronavirus quiz)
 - www.cdc.gov/coronavirus/2019
 - www.douglascountyhealth.com/infectious-disease/diseases-and-conditions/2019-novel-coronavirus-2019-ncov